

# Gestational Diabetes

## THREE HOUR TESTING

CORNERSTONE  
*Ob-Gyn*

This glucose test is done to evaluate how your body is processing sugar and determine if you have developed Gestational Diabetes. The test requires a total of 4 blood draws. The first blood test is done fasting, which means nothing to eat or drink (except water) for 8-12 hours prior to the initial blood draw. Blood samples will be collected at timed intervals of 1, 2, and 3 hours after you drink your glucose drink.

### Preparation for the test:

- You should eat your normal diet prior to the day of testing.
- Do not eat, drink, smoke, or exercise for 8-12 hours before your first blood sample is taken. You may drink plain water but no other beverages, even if it is diet or sugar-free.
- You may drink plain water while you wait and during the testing process so feel free to bring in your own cup or water bottle. Do not eat any food or snacks during the test.
- Consider bringing something to read or a project to work on while waiting.
- Some people may feel nauseated, light-headed, or sweaty during the testing process. If you do not feel well, please let the lab know.
- Once the final blood test is drawn you may resume normal eating and drinking. We expect you will be very hungry at this point and suggest bringing a light snack along (crackers, cheese, granola bar) so that you have something to eat before leaving the clinic and driving a car.